



Peacock Press

Naval Postgraduate School

NOVEMBER/DECEMBER 2004



*It's that time of the year again when the Army
and Navy square off in football*

*We are having our own Army/Navy
sports battle in Monterey.*

Join us on Wednesday, 1 December 2004 as we square off in soccer at DLI. But wait, because we'll strike again on Thursday, 2 December 2004 for a softball game at NPS where the Enlisted Recreation Committee will be selling hot dogs. Then we'll finish up in the Trident Bar with a...

Tailgate Party!!!!

On Friday, 3 December 2004 we meet again but on their turf for flag football at DLI. Then on Saturday, 4 December 2004 come see all the action as we *watch the televised Army vs. Navy football game on the big screen TVs* in the Trident Bar and the La Novia Room.

All Monterey games start at 6 pm.

Go Navy!!!!

Visit our website: www.mwr.nps.navy.mil



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NAVAL POSTGRADUATE SCHOOL

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The Peacock Press is a bi-monthly publication of the MWR Department, Naval Postgraduate School. Information may be subject to change without notice.

All phone numbers are in
area code (831)



November/December 2004 SCHEDULE OF CLASSES

November

Job Search Strategies: Thursday, 4 Nov 1-4 pm FFSC, Bldg 3.

TSP Brief: Tuesday/Wednesday, 9,10 Nov 1-4 pm FFSC, Bldg. 3.

Self Employment: Wednesday, 17 Nov 1-4 pm FFSC, Bldg. 2.

Military Pay Issues: Thursday, 18 Nov 1-4 pm FFSC, Bldg 3.

Raising an Emotionally Intelligent Child: Tuesday, 30 Nov 4:15-5:45 pm FFSC, Bldg 3

December

TSP Brief: Wednesday/Thursday 15, 16 December 1-4 pm FFSC, Bldg 3.

Registration is required. Call 656-3060




Parent and Toddler Support Group: **Fri-**
days (ONGOING) 10-11 am La Mesa
Community Center. A group for parents
and their toddlers, ages 15 months to 3
years. Parents are encouraged to interact
with their toddlers through fun activities,
while sharing parenting tips and re-
sources. There will be no meeting Novem-
ber 26, December 24,&31 due to the holi-
days.



Call The Fleet and Family Support Cen-
ter, 656-3060, to register.
Visit the FFSC website for updates to
classes:

[Http://www.nps.edu/ffsc/index.html](http://www.nps.edu/ffsc/index.html)

Advance Self-Confidence and Chess
Club: Wednesdays (ONGOING) 2:30-
3:30 pm La Mesa Community Center.
There will be a brief discussion on self-
confidence, and then the children will
learn and play chess. While the intent is
how to play, the emphasis of the group is
enjoyment and socialization versus com-
petition or the need to win. The class is
for 4th graders and older or advanced
players who want to help teach younger
students. The younger children meet at
2:30-3:30 pm. The older children and
advanced players meet at 3:30-4:30 pm.
There will be no Chess Group November
24, December 22 & 29, 2004 and Janu-
ary 4, 2005 due to the holidays.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>"Navy Regulations prohibit patrons from bringing food or beverages into an MWR facility from outside sources. Thank you for your cooperation."</p>	<p>1 ALIEN vs. PREDATOR (PG 13) 1800 Every Monday Dinner Special El Prado Room 1600-2100</p> <p>SEAFOOD CIOPPINO Adults: \$9.50 Kids 5-10: \$4.75 Under 5 \$3.00</p>	<p>2 SLEEPOVER (PG 13) 1800 Every Tuesday Dinner Special El Prado Room 1600-2100</p> <p>"Moist & Tender" PRIME RIB \$13.00</p>	<p>3 KING ARTHUR (PG13) 1800 Every Wednesday Dinner Special El Prado Room 1600-2100</p> <p>SLICED ROAST OF PORK Adults: \$8.50 Kids 5-10: \$4.00</p>	<p>4 BLOOPERS, BLUNDERS AND BAILOUT LA NOVIA RM 1800 Every Thursday FAMILY NIGHT Dinner Special El Prado Room FRESH ROASTED TOMTURKEY Adult \$8.50 Kids 5-10 \$4.00</p>	<p>5 Every Friday Dinner Special El Prado Room 1600-2100</p> <p>SAUTEED SCALLOPS NEWBURG Adults: \$9.50 Kids 5-10 \$4.50</p>	<p>6 TRIDENT ROOM CLOSED</p>
<p>7 ITT OPEN MON-FRI 0930-1330 1430-1630 CLOSED WEEKENDS & FEDERAL HOLIDAYS</p>	<p>8 CAT WOMAN (PG 13) 1800 Dinner Special SEAFOOD CIOPPINO</p>	<p>9 LITTLE BLACK BOOK (PG 13) 1800 Dinner Special "Moist & Tender" PRIME RIB</p>	<p>10 TERMINAL (PG 13) 1800 Dinner Special SLICED ROAST OF PORK</p>	<p>11 HOLIDAY  VETERANS' DAY</p>	<p>12 Dinner Special SAUTEED SCALLOPS NEWBURG</p>	<p>13 CLUB DEL MONTE CATERERS GREAT DEALS FOR "WETTING DOWN" PROMOTION</p>
<p>14 MONTEREY PINES GOLF COURSE OPEN DAILY 0630-1700 AND MOST FEDERAL HOLIDAYS PLEASE CALL 656-2167</p>	<p>15 PAPARAZZI (PG 13) 1800 Dinner Special SEAFOOD CIOPPINO</p>	<p>16 NO MOVIE Dinner Special "Moist & Tender" PRIME RIB</p>	<p>17 TAXI DRIVER (R) 1800 LA NOVIA RM Dinner Special SLICED ROAST OF PORK</p>	<p>18 NO MOVIE Dinner Special FRESH ROASTED TOM-TURKEY</p>	<p>19 Dinner Special SAUTEED SCALLOPS NEWBURG</p>	<p>20 MONTEREY BAY ATHLETIC CLUB OPEN MON-FRI 0530-2100 SAT: 0800-1600 SUN:1100-1600 CLOSED ALL FEDERAL HOLIDAYS</p>
<p>21 MONTEREY PINES 19TH HOLE GRILL FOOD SERVICE OPERATION OPEN 7 DAYS A WEEK PLEASE CALL 656-2167</p>	<p>22 THUNDER-BIRDS (PG) 1800 Dinner Special SEAFOOD CIOPPINO</p>	<p>23 COLLATERAL (PG 13) 1800 Dinner Special "Moist & Tender" PRIME RIB</p>	<p>24 NO MOVIE Dinner Special SLICED ROAST OF PORK</p>	<p>25 HOLIDAY </p>	<p>26 CLUB DEL MONTE CLOSED</p>	<p>27 MONTEREY NAVY FLYING CLUB OPEN MONDAY TO FRIDAY 0900-1700</p>
<p>28 MONTEREY PINES RV CAMPGROUND OPEN YEAR ROUND PLEASE CALL 656-2167</p>	<p>29 SUSPECT ZERO (R) 1800 Dinner Special SEAFOOD CIOPPINO</p>	<p>30 HAROLD & KUMAR GO TO WHITE CASTLE (R) 1800 Dinner Special "Moist & Tender" PRIME RIB</p>	<p>Due to the renovation of the El Prado Room, movies will be suspended starting 1 December 2004 and will begin in early March.</p>			<p>FOR PARTY RESERVATIONS AT CLUB DEL MONTE PLEASE CALL 656-2170</p>

Dinner Specials Served in the El Prado Dining Room Monday-Friday 4:00-9:00 p.m.

NOVEMBER/DECEMBER MONDAY DINNER SPECIAL



FRESH SEAFOOD CIOPPINO
with Shrimp, Calamari, Crab and Mussels, Fresh Caesar Salad and Garlic Bread

Adults \$9.50 Kids 5-10 \$4.75 Under 5 \$3.00

NOVEMBER/DECEMBER TUESDAY DINNER SPECIAL

SLOW ROASTED PRIME RIB



*"moist and tender"
with Aus Jus*

*accompanied with Horse Rad-
ish, Baked Potato, Sour Cream
and
Chef's choice dessert*

only \$13.00

NOVEMBER WEDNESDAY DINNER SPECIAL

SLICED ROAST OF PORK AND GLAZED APPLES WITH NATUREL JUS

served with duchesse potatoes and fresh vegetables.

Adults \$8.50 Kids 5-10 \$4.00

DECEMBER WEDNESDAY DINNER SPECIAL

BAKED FRESH HAM WITH MUSTARD AND HONEY GLAZED

Served with scalloped potatoes and fresh vegetables

Adults \$8.50 Kids 5-10 \$4.00

FAMILY NIGHT EVERY THURSDAY

THURSDAY NOVEMBER DINNER SPECIAL

FRESH ROASTED TOM TURKEY WITH GIBLET DRESSING AND GRAVY

served with yam and fresh vegetable

Adult \$7.50 Kids 5-10 \$4.00

THURSDAY DECEMBER DINNER SPECIAL

BEEF STEW

served with Rice Pilaf

Adult \$7.50 Kids 5-10 \$4.00

NOVEMBER FRIDAY DINNER SPECIAL



SAUTEED SCALLOPS NEWBURG
served with linguini and fresh vegetable

Adults \$9.50 Kids 5-10 \$4.50

DECEMBER FRIDAY DINNER SPECIAL



STUFFED SALMON WITH CRABMEAT

*served with a chardonnay cream
sauce, Anna potatoes and fresh vegetables*

Adult \$11.00 Kids 5-10 \$5.00

Thanksgiving Brunch
Served in the
Barbara McNitt Ballroom
Thursday November 25, 2004
10:45-2:00 p.m.

MENU

Salads

Roma Tomatoes and Buffalo Mozzarella Salads
Fresh Cucumber and Squids marinated in
Lime and Cilantro

Ambrosia

Fresh Cranberry Salad

Chilled Iceberg with maytag blue cheese dressing

Chef's Waffle Station

Omelet Station to include Salmon, Fresh Salsa,
Assorted Cheese, Peppers, Fresh Spinach, Ham

Assortment of Breakfast Meat

Bacon, Apple Sausages, Cheese Blintz, Scrambled Eggs

Carving Station

Roasted Tom Turkey with giblet dressing

Roast Beef with aux jus and Horse Radish

Chicken Chili Verde

Fresh Salmon with Sesame and Teriyaki Ginger Glaze

Rice Pilaf, Red Roasted Potatoes with fresh herbs, sautéed fresh vegetables

Array of Fresh Sea Food on Ice

Desserts

Assortment of Petit Fors

Cream Puffs

Cakes and Pies

Fresh Rolls



Adults \$19.50

Kids 5-10 \$11.50



Stop by or call us for more information
on these trips, rentals and more....

Tel: (831) 242-5506

www.pom.odr.com

Presidio of Monterey Bldg. 228 Lewis
Hall

Monterey, CA 93944

Cruise event, design-a-tour, group tour, tour guides, back packing, orienteering, team building camps, environmental camps, sky diving, beach parties, rock climbing, ropes course, team tours, bicycle tours, rental cars, R.V. storage, surfing, wind surfing, float trips, white water, kayaking, power boat, water skiing, SCUBA, harbor tours, whale watching, sport fishing, ski club, snowboard club, Tahoe trips, one-day trips, ski & board repair, custom trips.

COMING UP:

November/December

Ski Tahoe Weekend Dates

November 19-21 December 3-5, 10-12, 17-19

Adult \$195 / Teen (13-18 years) \$175 / Child (12 and under) \$145, \$175 with quad occupancy.

Ski Tahoe Holiday Dates

Thanksgiving Nov 24-28 Adult \$375/ Teen \$349/ Child \$275

Pre Christmas Dec 20-22 \$229/ \$199/ \$155

Christmas Dec 23-26 \$229/ \$275/ \$255

Pre New Year Dec 27-29 \$229/ \$199/ \$155

Ski Tahoe Holiday Weekend Dates

Thanksgiving Nov 26-28 Adult \$235/ Teen \$215/ Child \$189

PRESIDIO OF MONTEREY VETERINARY TREATMENT FACILITY OFFERS MORE APPOINTMENT TIMES

The Presidio of Monterey Veterinary Treatment Facility is located on Parker Flats Cutoff in FT Ord Military Community, is excited to announce that it is now offering more appointments to service the Active Duty, Retiree, Reserve, and NG components on active duty status.

They are now open Monday thru Thursday 0900-1200 and 1330-1530 for over the counter sales. Vaccinations and minor sick call appointments are available Mondays and Tuesdays throughout the month based upon personnel availability.

Pets are a vital part of our families, and need their health maintained for years of happy living. We are looking forward to seeing you and your pet soon. Call to book an appointment at 242-7718.



**Located on
HERRMANN HALL
QUARTERDECK**

**Open
Monday-Friday
9:30 a.m. ~ 1:30 p.m.
2:30 ~ 4:30 p.m.**

**Closed Weekends
and
Federal Holidays**

NOVEMBER	UPCOMING ITT TOURS	PRICE
6	San Francisco Get Acquainted	\$23.00
13	Hockey - Sharks vs. Canucks	\$40.00
21	Football - Oakland Raiders vs. San Diego Chargers	\$70.00
26-27	Reno Tour	\$155.00
DECEMBER		
5	Raiders vs. Kansas City	\$70.00
11	San Jose Sharks vs. Carolina Hurricanes	\$40.00
18	CHRISTMAS SHOPPING-UNION SQUARE SAN FRANCISCO	\$23.00

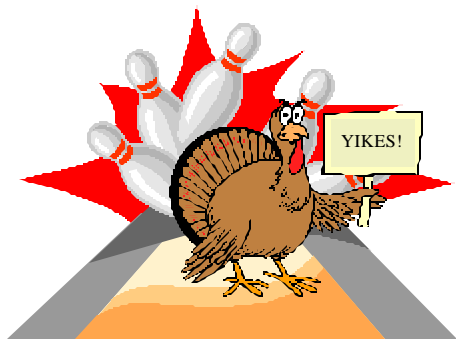
COMMUNITY ACTIVITIES

Turkey Bowling is back!

Turkeys will be sliding down the halls of Herrmann Hall in this hilarious event. See how many pins you can knock down with a turkey.

This is great fun you don't want to miss out on. There will be prizes for the people who knock down the most pins.

Meet us Friday, 19th of November at 1700 in the Trident Bar.



Ski season is here and the ITT Office has your lift tickets for area ski resorts: Alpine Meadows, Heavenly, Kirkwood, Northstar, Sierra, Mt. Rose and Squaw Valley.

With Christmas just around the corner, ITT has great stocking stuffers and gift ideas. Some ideas are: Entertainment Books \$20, Gift Check Books \$10, See's Candies \$10.50 per lb., United Artist Theater Tickets \$6.00, NPS License Plate Frames \$9.00.

With winter coming, the Amusement Park hours of operation are often reduced. Please check with ITT before going on your trip regarding the park's operating schedule.

How would you like to spend a week vacation and only spend \$249 for the condo? With Armed Forces Vacation Club you can. For \$249 per week the Armed Forces Club offers condo unit rentals at \$249 per week at selected resorts located all around the world. Stop by ITT for more information or go to www.afvclub.com.

9-11 commemorative ornaments are available at the ITT office for only \$12.00. Portions of the proceeds go to the Pentagon Relief Fund.



We are trimming the tree in the Enlisted Barracks for Christmas. Meet in the Barracks living room on December 8th at 6 pm. We will have food and fun as we deck the halls...fa la la la.

This event is open to U.S. Enlisted single sailors attached to NPS and tenant commands.



ENTERTAINMENT BOOKS

They're here! The 2005 Entertainment Books sold for \$20.00. We will only have them for a limited time; so don't wait to get this great book of coupons to use at local stores, restaurants and more!

SPORTS

WEIGHT LIFTING CONTEST



Power Lift (bench, dead-lift & squat) or Bench Press only. This event is for men and women. Novice lifters are welcome. Specially designed t-shirts for all participants. Awards: 1st, 2nd & 3rd place medals (10 different weight classes) and overall champion trophies.

When: Dec 10, 2004

Time: 1:30-4:00 pm

POC: Mike Jefferson, USA

Cost: \$13.00 military; \$15.00 DoD/civilian



Classes

Aerobic Classes (approx. one hour class, free to active duty, all others need an Aerobic Card).

Capoeira (Exercise to Brazilian music). Every Tues & Thurs 6:30-7:30 pm. Cost: \$40/month, \$12/week or \$6.50/day military and DOD/civilian. This class will strengthen your core muscles and enhance your mobility and stability.

Yoga is back. Enhance your concentration and balance your existing workout with proper stretching. Your instructor will be Jenny Watson, she is certified to teach Ashtanga Vinyasa Yoga. When: Mon & Weds @ 9:00-10:00 am and Tues @ 6:30-7:30 am. Cost: 12 monthly classes, \$45/month, \$12/week, \$5/day for all members.

Fitness Educational Classes. Free to members. Time of all classes Thurs 11:00-12:00 pm.

Jan 27- Cardiovascular Training

Feb 3- Strength Training Technique

Babes with Babes. For all those Mommies with fairly new babies, Denise is back! Exercise with your baby doing a full body workout. Our Certified Personal Trainer, Denise Vaughn, will show you how to exercise and thoroughly enjoy your baby at the same time. Most of the exercise will be mat work. Minimum requirement for babies: healthy babies that can lift their own head. Recommend children be 30 pounds or less. Restrictions: Mothers cannot bring another child into classroom. A Free Pilot class will be offered on Nov. 4, 2004 Start date Nov. 9, 2004. Cost: Daily \$4.00. Time: 1:00 - 2:00 pm. Days: Tuesdays & Thursdays.

Programs

Executive Bootcamp Program. Nine week weight loss - strength training class (lecture only). We will teach you how to improve your workout and keep you accountable. Class meets every Thurs at the NPS Fitness Center for cardiovascular & weight training or nutrition education. Body fat measurements will be taken, at the beginning and the end of 10 weeks. When, not if, you lose an agreed amount of body fat participants get half the entry fee back. When: 13 Jan -17 Mar 2005

COMING THIS WINTER ... NEW Computerized Physical Assessment Evaluation equipment.

PERSONAL TRAINING IS AVAILABLE FOR OUR PATRONS

We have the best male and female trainers on the peninsula. By appointment you can get set up by Marcelo (B.S. Physical Education/AFAA Certified) or Shelly Howard (ACSM & AFAA Certified).

Personal training fees are \$20.00 for a half hour, \$40.00 for an hour or \$225.00 for 6 one-hour sessions.

GROUP FITNESS CLASS SCHEDULE

HOURS	MON	TUES	WED	THURS	FRI
6:00 AM	STEP IT UP		STEP IT UP		
8:00 AM					YOGA
11:00 AM	POWER FLEX		POWER FLEX		
12:00 PM	CARDIO KICK	SPIN	CARDIO KICK	SPIN	
4:30 PM		POWER FLEX		POWER FLEX	
5:30 PM	SPIN	STEP	SPIN	CARDIO COMBO	
6:30 PM		CAPOEIRA		CAPOEIRA	

FITNESS CLASS FEES

ELIGIBLE PATRONS	AEROBIC, CYCLING, YOGA DAILY	AEROBIC 8-PUNCH CARD
ACT.DUTY/RESERVIST	FREE	N/A
RETIREE/FAMILY MEMBER	\$2.00	\$12.00
DOD CIVILIAN	\$3.00	\$16.00

GYM MEMBERSHIP FEES

ELEGIBLE PATRONS	DAILY	MONTHLY	1/2 YEAR	ANNUAL
ACTIVE DUTY RESERVIST	FREE	FREE	FREE	FREE
RETIREE/FAM MEMBER	FREE	FREE	FREE	FREE
DOD CIVILIAN	\$5.00	\$25.00	\$80.00	\$150.00

THERAPEUTIC MASSAGE

(Male or Female therapist now available)
Help improve performance, decrease pain and promote relaxation!



Fees:

\$60.00 for 60 minutes massage session.

\$90.00 for 90 minutes massage session.

For appointments, please call 656-3118.

Child Development Center

"CDC is the place to be!"



If your child is between the ages of six weeks and five years and you are looking for a high quality, nurturing, early childhood experience - the Child Development Center (located in La Mesa Village) is the place for you! We offer full-time child care Monday-Friday 0730-1730. Please contact the center to see if a space is available as we do maintain a wait list.

Life Skills Readiness Preschool Session: Our Life Skills Readiness Preschool Program is offered for children ages 3-5 years old. Our winter session are starts to fill up so don't delay if you want to be part of the fun. The January 3, 2005 program consists of two day and three day morning classes. For more information, stop by the CDC and we'll tell you about our fantastic program.

Jellyfish Drop-In Care Room

Jelly Fish Drop In hours are 8:30 am-2:00 pm. Reservations can be made up to **one month in advance**. Please keep in mind if cancellations are not made prior to the scheduled appointments, a \$5.00 fee will be charged. Care is available Monday-Friday for children ages 1 year (walking) through 6 years. The rate is \$3.00 per hour including snack and lunch. Afford yourself the extra time you need for appointments, to run errands, or to have a little adult time to yourself. We have lots of fun!

Before School Care

Before School Care is available for children ages 5-12 years old attending La Mesa Elementary School.

If you are interested in **Before and After School Kindergarten Care**, please complete a Request for Care Form at the CDC front office. Before and After Kindergarten Care is offered in our Full Time Pre-School Classrooms. Fees are based on total family income.

Important Note: All children attending our program that need transportation to and from school must be enrolled in an afternoon Kindergarten session at La Mesa Elementary School. For more information, please call the CDC at 656-2734.

DURING THE HOLIDAYS

We like to honor the traditions of all the children and families in our program. We believe in the importance of family traditions and holidays in strengthening the connection between home and school. We encourage each of you as families to join us in our celebrations. Please share your family tradition, recipes for holiday foods and any special items that reflect your heritage and family history. When you are looking for toys this holiday season, please keep these goodies in mind: lots of paper and pencils, easel, drawing paper, scissors, paint, clay, play dough, magic slate, jacks, jump ropes, paddle ball, roller skates, hula hoops, puzzles, checkers, chalk boards and chalk, books, bubbles, puppets, and dress up clothes. The best gift is your time and love. They will remember this and value it in the future.

HOLIDAY HOURS

November 11&25, 2004 Closed

November 26, 2004 (Fees will be prorated) Closed

December 24-31, 2004 Closed (Fees will be prorated)

Happy Holidays from the Child Development Staff



The Child Development Home program offers **Navy certified care by military family members in their homes.**

Interested in pursuing a rewarding career and working at home?

How about becoming a Child Development Home Care provider? You'll receive extensive training, become First Aid/ CPR qualified and be part of our dedicated team of professionals that provide child care in their homes. Give us a call! We'll be happy to give you more information, and assist you through our CDH certification process!

The Benefits: You can stay home with your own children, offer authorized quality child care for others in your La Mesa residence,

All of our programs are open to active duty military, reservists in active duty status, and DOD civilians on a space available basis. Please call 656-2734 for more information.

NOVEMBER 2004 SAC SCHEDULE OF EVENTS



**BOYS & GIRLS CLUBS
OF AMERICA**

*The Tech Connection, Teen and Youth Center
is a proud member of the Boys and Girls Club
of America.*

BASKETBALL CAMP

For Ages 6 yrs – 14 yrs

*Skills, Basics, Offense, Defense, Team Drills,
Scrimmage, Sportsmanship*

When: Saturday December 4, 2004

Time: 9:00 am-1:00 pm

Location: NPS Gym




Cost: \$10.00

T-shirt included, please pack a lunch.

Space is limited

Sign up at the Tech Connection

by November 15, 2004

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Rock Candy Creation	2 King's Corner	3 String of Leaves	4 Corn Hunt	5 Tic-Tac-Toe
8 Tie Dye Tissue	9 Stool Ball Game	10 Hand & Foot Turkey Craft	11 Closed	12 Four Corners
15 Fall Leaf Turkey	16 Cornucopia Game	17 Peanut Butter Play Dough	18 Thanksgiving Candle Craft	19 Tetris Game
22 Pilgrim Collage Craft	23 Old Maid	24 Thanksgiving Feast	25 Closed	26 Closed
29 Freeze Tag	30 Free Day			

PARENT'S NIGHT OUT

"Santa's Workshop"

Who: For Children Ages 6-17 years old

What: Free Child Care

When: December 10, 2004 from 6:30-11:30 pm

Where: Tech Connection Teen and Youth Center

Why: So parents can take some time off and start on their Christmas lists

How: Registration starts Monday November 29-Friday December 3, 2004 at the Tech Connection

Registration Times: 3:30- 5:30 pm **ONLY!**



BASKETBALL SIGN-UPS

@ the Tech Connection
October 18-November 12, 2004

Ages: 8-9, 10-11, 12-14

Boys and Girls

Cost: \$40.00 per child, includes: shirt, medal & banquet

Games are played on Saturdays

SKILLS ASSESSMENT

Time: 4:30-5:30 pm

Ages 10-11 Tuesday, Nov 16, 2004

Ages 12-14 Wednesday, Nov 17, 2004

Held at the Tech Connection

Coaches mandatory meeting
THURSDAY NOV 18 @ 6:30PM
(Tech Connection)

**WE ARE LOOKING FOR
COACHES**

For more info contact Coach Steve
656-2127



TENNIS LESSONS

with Jimmie Brooks

Monday/Wednesday

Ages 6-8 Time 3:30-4:30 pm

Ages 9-12 Time 4:30-5:30 pm

Tuesday/Thursday

Ages 6-8 Time 3:30-4:30 pm

Ages 9-12 Time 4:30-5:30 pm

Ages 13-15 Time 5:30-6:30 pm

Minimum 4 students per class

Maximum 7 students per class

Cost: \$72 per 8 lessons

Register at the Tech Connection





www.navyflyingclubs.com/monterey

The Monterey Navy Flying Club offers excellent opportunities for aircraft rentals, recreational flying and professional flight training to Active Duty, National Guard, Reserve members and their families; Retirees and their families; Civil Air Patrol members; and federal government employees. The club's airplane rental and instruction rates are the lowest in California. Learn how to fly, meet new friends and discover the beauty of the Monterey Peninsula! Give us a call and visit our website.

MEMBERSHIP FEES

Monthly dues: \$23.00

Initiation fee: \$30.00

Want to earn your pilot's certificate?

You have often thought about becoming a pilot. Our staff of professional flight instructors is ready to help you achieve your goal - for a much lower cost than you will find anywhere else. Ground school, the first step in learning the basics of flight, is offered in cooperation with Monterey Peninsula College or through self-study courses available through the Club.

Ground and Flight Instruction: \$25.00/hour.

COST SHARING: *Our licensed pilots at the Monterey Navy Flying Club frequently fly by themselves, and through "cost sharing" of the fees for the flight, you and up to two other MWR eligible patrons can fly along. Fly over the California Coast or down it's beautiful valleys. Call the Monterey Navy Flying Club at (831) 372-7033 for more information.*

AIRCRAFT RENTAL RATES



Beech (T-34) \$100.00



Cessna 152 (IFR) \$54.00



Cessna 172 (IFR) \$70.00

All rates are on an hourly basis including fuel.

Bluewater Cove Marina



NPSSA

- Sailing lessons for members
- Racing Events
- Cruising
- Social Events

Open to all military, their family members, faculty and staff of NPS, DLI and Coast Guard.

For more information go to www.nps.navy.mil/Welcome.htm

Naval Postgraduate School Sailing Association

NPSSA, is dedicated to practicing and promoting the art of sailing as well as furthering Navy sailing in the Monterey area. NPSSA is comprised of students, faculty and staff from NPS and DLI, local active duty and retired personnel, and DOD civilians.

For boats reservations go to www.mwr.nps.navy.mil or call 656-3118.



MWR ADVISORY BOARD TO MEET WEDNESDAY 3 NOVEMBER 2004

The next MWR Advisory Board Meeting is set for Wednesday, 3 November 2004, at 10:00 a.m. in the La Novia Room, Herrmann Hall, Bldg 220.

All Departments of the Naval Postgraduate School and tenant commands are encouraged to send representatives to these informative bi-monthly meetings.

This is your opportunity to gather the latest MWR information and to share your organization's feed back with key MWR personnel.

For more on how your command can take part in the MWR Advisory Board, call the MWR Administrative Office at



Go to our new website at
www.montereypinesgolf.com.

Register with our site and print off coupon good for discounted green fee. Good Monday - Friday only and golfers must present coupons at check in time.

Golf instruction available from your certified golf instructors.

DAVID STOCKLY/DAVID HARBER/BOON CHATVONG
Golf Professionals



	CIVILIAN	MILITARY	JUNIOR
HALF-HOUR	\$35.00	\$30.00	\$25.00
ONE HOUR	\$55.00	\$50.00	\$45.00
VIDEO HOUR	\$70.00	\$65.00	\$60.00
PLAYING LESSON	\$85.00	\$80.00	\$75.00
5 1/2 HOUR SESSIONS	\$125.00	\$125.00	\$125.00

**MONTEREY PINES
19TH HOLE GRILL
FOOD SERVICE OPERATION**

**Monday-Thursday
9:00 am-7:00 pm**

**Friday, Saturday & Sunday
6:30 am-5:00 pm**

PUNCH CARD 20 PLAY	25% DISCOUNT
MILITARY	\$180.00
DOD	\$270.00
CIVILIAN	\$360.00

10 play range cards are now available for \$40.00

MONTEREY PINES RV CAMPGROUND

Monterey Pines RV Campground is **OPEN YEAR ROUND** and is available to all active duty, reservists, retirees, family members and DOD civilians.



*About Our Park

Located deep within the serene Monterey Pines Recreation Complex (Fairgrounds Road at Garden Road in Monterey), our park offers 30 full hook-ups, 8 partial hook-ups, a bathhouse and coin-op laundry facilities. Site 14 offers access for the physically challenged. Visa and Mastercard are accepted.

DAILY RENTAL FEES

ELIGIBLE PATRON	Full Hook-Up	Partial Hook-Up
Military	\$22/Day	\$18/Day
DOD	\$25/Day	\$22/Day
Sponsored guests	\$29/Day	\$25/Day

RV VEHICLE STORAGE RATE

	0 TO 20 FT	OVER 20 FT
Military	\$15.00	\$20.00
DOD Civilian	\$20.00	\$25.00

GOLF FEES

GREEN FEES	PRIME	TWI
MILITARY	\$12.00	\$10.00
DOD	\$18.00	\$12.00
CIVILIAN	\$24.00	\$15.00

RENTALS:	Cart Rate	\$20.00
	Single Cart	\$12.00
	Rental Clubs	\$10.00
	Pull Carts	\$5.00

NAVAL POSTGRADUATE SCHOOL (Area Code 831)

MWR ADMINISTRATIVE OFFICES - Herrmann Hall (Rm. 55) ground floor (Bldg. 220). Open weekdays, 8 a.m. to 4:30 p.m. Closed weekends and federal holidays. Phone: 656-2170 or 656-2432.

EL PRADO DINING ROOM - Herrmann Hall ground floor (Bldg. 220). Open Monday through Friday. Closed weekends and federal holidays. For information, call: 656-2170.

Hours of Operation:

Ala Carte Breakfast: 6:45 - 10:45 a.m. Weekdays
Hot Breakfast: 6:45 - 9:00 a.m. Weekdays
Lunch: 10:45 a.m. - 2:00 p.m. Weekdays
Dinner: 4:00 - 9:00 p.m. Monday through Friday

TRIDENT ROOM - Herrmann Hall ground floor (Bldg. 220). Open Monday through Saturday. Closed Sundays and most federal holidays. Phone: 656-2170 or 656-7508 (after regular business hours). Hours of Operation:

Beverage Service : 4:00 - 11:00 p.m. Monday - Wednesday
3:00 - 11:00 p.m. Thursday & Friday
4:00 - 11:00 p.m. Saturdays
Dinner Service : 4:00 - 9:00 p.m. Monday through Friday

CLUB DEL MONTE/CATERING SALES OFFICE - Herrmann Hall (Rm. 55) ground floor (Bldg. 220). Open Monday through Friday, 8:00 a.m. - 4:30 p.m. Closed weekends and federal holidays. Phone: 656-1049.

Café DEL MONTE - Located next to Knox Library. Open Monday-Thursday 7:00 a.m.-3:00 p.m.; Friday 7:00 a.m.-2:00 p.m.; Closed weekends and all federal holidays. Open for lunch 10:45 a.m.-2:00 p.m.

INFORMATION TICKETS & TOURS - Herrmann Hall Quarterdeck (Bldg. 220). Open 9:30 a.m. - 4:30 p.m. Monday through Friday. Closed weekends and federal holidays. Closed for lunch 1:30-2:30 p.m. Phone: 656-3223.

CHILD DEVELOPMENT CENTER - La Mesa Village next to La Mesa Elementary School. Open 7:30 a.m. - 5:30 p.m., Monday through Friday. Closed on all federal holidays. Phone: 656-2734.

CHILD DEVELOPMENT HOMES - Available within La Mesa Village. Contact the Child Development Center for information. Phone: 656-2734.

TECH CONNECTION - La Mesa Village, (Bldg. 444) 1222 Leahy Rd. Open for School Age Care, Monday through Friday, 2:30-6 p.m. while school is in session. Special camps offered for school breaks (all seasons) & teacher in-service days. Youth & Teen Open Recreation, 2:30- 6:00 p.m. Monday through Friday while school is in session and 0730-1800 during day camp. Closed on all federal holidays. Phone: 656-2127.

MONTEREY BAY ATHLETIC CLUB ~ (Bldg. 208). Hours of Operation: Open Monday through Friday, 5:30 a.m. - 9:00 p.m.; Saturdays, 8:00 am - 1:00 p.m. Closed on Sundays and federal holidays. Phone 656-3118.

MONTEREY PINES GOLF COURSE - Fairgrounds Road at Garden Road by the Monterey County Fairgrounds. Open daily, 6:30 a.m. - 5 p.m., including most federal holidays. Hours vary seasonally. Phone: 656-2167.

MONTEREY PINES RV CAMPGROUND - Fairgrounds Road at Garden Road by the Monterey County Fairgrounds. Open daily. Phone: 656-7563.

MONTEREY NAVY FLYING CLUB - At the Monterey Airport. Open Monday to Friday 9:00 a.m. - 5:00 p.m. Phone: 372-7033.

BLUEWATER COVE MARINA - On the Coast Guard Pier, downtown Monterey. Open daily. Phone: 242-5747/656-3118.

MWR BUSINESS OFFICE - Herrmann Hall (Rm. 60) ground floor (Bldg. 220). Open Monday through Friday, 8 a.m. - 4:30 p.m. Closed weekends and all federal holidays. Phone: 656-7954.

MWR MARKETING OFFICE - Herrmann Hall (Rm. 60) ground floor (Bldg. 220). Open Monday through Friday, 8 a.m. - 4:30 p.m. Closed weekends and all federal holidays. Phone: 656-1170/7677.

THE FLEET & FAMILY SUPPORT CENTER - 1280 Leahy Road, Monterey, Ca 93940. Open Monday through Friday, 8:00 a.m. - 4:30 p.m. Tel: 656-3060.

NAVY EXCHANGE TELEPHONE NUMBERS - Main Store: 373-7277; Autoport: 373-7271; La Mesa Mini-Mart: 375-0959.

NAVY LODGE - 1100 Farragut Road, Monterey, Ca 93940. Tel: 372-6133.



Peacock Press

Morale, Welfare and Recreation Department
Naval Postgraduate School
1 University Circle
Monterey, CA 93943-5000

CHECK OUT MWR'S WEBSITE!

www.mwr.nps.navy.mil